



## Clinical Epidemiology (CE) and Evidence-Based Medicine

Clinical Epidemiology seeks to provide guidance to medical providers that is evidenced-based. Clinical Epidemiology helps providers achieve optimal results by reducing treatment variation, reducing personal bias, and promoting treatment patterns that are based on sound scientific observations. For additional information and resources contact LCDR Annette Von Thun at [vonthuna@nehc.med.navy.mil](mailto:vonthuna@nehc.med.navy.mil) or visit our Website.

## Think Populations



## See Individuals

## Clinical Preventive Services (CPS) and Preventive Health Assessment (PHA)

The Military Healthcare System (MHS) endorses the use of United States Preventive Services Task Force (USPSTF) recommendations. USPSTF was convened by the U.S. Public Health Service to rigorously evaluate clinical research in order to assess the efficacy of clinical screening tests, counseling on behavioral risk reduction, and administration of immunizations and other chemoprophylaxis. NEHC supports the implementation of these Clinical Preventive Services (CPS) into treatment settings and preventive health encounters. NEHC supports the Preventive Health Assessment (PHA) that is required annually for active duty personnel in accordance with OPNAVINST 6120.3, cited as the cornerstone of Navy Medicine's transition from intervention to prevention-based health care. The PHA incorporates a medical record review and screening for recommended CPS, occupational exposures, and medical readiness within a single visit. For additional information and resources contact Steve Heaston at [heastons@nehc.med.navy.mil](mailto:heastons@nehc.med.navy.mil) or visit our Website.

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## COMMAND EXCELLENCE IN HEALTH PROMOTION AWARDS

NEHC offers awards in Health Promotion at the Gold, Silver, and Bronze level each year. To find out more about the criteria and how to apply for an award go to <http://www-nehc.med.navy.mil/hp/awards/>



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### *Mission:*

Provide quality Health Promotion and Clinical Epidemiology products and services to our worldwide customers.

### *Vision:*

A Fit and Healthy Force

Navy Environmental Health Center  
620 John Paul Jones Circle, Ste. 1100  
Portsmouth, VA 23708-2103



NEHC HP Website

<http://www-nehc.med.navy.mil/hp>

# Navy Environmental Health Center



## Population Health Directorate



## Health Promotion/ Preventive Medicine Departments





## Physical Fitness

As the Navy is called to intensify operational tempo based on current world-wide mission requirements, it is imperative for Sailors to be physically fit. When Sailors are physically fit, they will perform much more effectively both on the job and at home. The NEHC Physical Fitness Program provides products and services that will guide military affiliates in designing, implementing, and evaluating safe and effective physical activity programs. For additional information and resources contact Diana Settles at [settlesd@nehc.med.navy.mil](mailto:settlesd@nehc.med.navy.mil) or visit our website.



## Sexual Health & Responsibility Program (SHARP)

The **Sexual Health and Responsibility Program** (SHARP) provides health information, education, materials and medical training for the prevention of sexually transmitted diseases (STDs) including HIV and unplanned pregnancy. For "SHARP" resources, contact Bob MacDonald at [macdonaldb@nehc.med.navy.mil](mailto:macdonaldb@nehc.med.navy.mil) or visit our website.



## ShipShape (Weight Management)

*Shaping The Future For A Healthy Lifestyle!*

**ShipShape**, the BUMED-approved weight management program, is coordinated by the Health Promotion Departments at the local Navy Medical Treatment Facilities (MTFs) and Branch Medical Clinics (BMCs). The staff at NEHC provides technical assistance, training, program materials, and resources to MTF commands interested in implementing the program for their active-duty personnel as well as their family members. The program focuses on nutrition education, exercise and behavior modification techniques to lower and maintain an acceptable body composition that is within Navy standards. For additional information and resources contact Steve Heaston at [heastons@nehc.med.navy.mil](mailto:heastons@nehc.med.navy.mil) or visit our website.

# LEADERSHIP



## Suicide Prevention Taking Action—Saving Lives

Suicide has been the number 2 or number 3 leading cause of death among both Sailors and Marines during the past decade. The tragic loss exacts a heavy toll on the family, friends, unit and command left behind. Efforts to recognize and understand the risk and protective factors, to know how to help, and to effectively intervene are goals of a comprehensive command and public health suicide prevention program. For additional information and resources contact Dr. Mark Long at [longm@nehc.med.navy.mil](mailto:longm@nehc.med.navy.mil) or visit our website.



## Injury Prevention

Reducing attrition and improving readiness are priorities for the Department of the Navy (DoN). Injuries are the leading health problem impacting military force readiness today — leading in causes of death, disability, decreased readiness and lost productivity. Currently 42% of Sailor medical boards and 53.8% Marine medical boards are due to musculoskeletal injury/degenerative disorders. For additional information and resources contact Diana Settles at [settlesd@nehc.med.navy.mil](mailto:settlesd@nehc.med.navy.mil) or visit our website.



## Nutrition

Research on nutrition indicates more and more that you are what you eat. Nutrition is the foundation upon which total physical and emotional well being and readiness is based. The focus of the **Navy Nutrition** program is to provide resources that reflect dietary guidelines, improve the nutrition environment by ensuring that health alternatives are available and implement system and environmental changes that will enhance a healthy lifestyle. Information such as the Five A Day Program, DoD Nutrition Committee, Dietary Guidelines for Americans, dietary supplement guidelines and reputable internet nutrition resources can be found on the nutrition website. For additional information and resources contact Lori Tubbs at [tubbsl@nehc.med.navy.mil](mailto:tubbsl@nehc.med.navy.mil) or visit our website.



# CHAMPIONSHIP



## Stress Management

Hassles, irritants, stressors, life events and change are all part of the challenges of daily life. A health promotion approach is utilized to address the prevention, management and early intervention for stress management and also to promote positive mental and psychological health. Available on the home page are self-help materials and other resources. For additional information and resources contact Dr. Mark Long at [longm@nehc.med.navy.mil](mailto:longm@nehc.med.navy.mil) or visit our website.



## Training



The staff at NEHC provides training for general health promotion program development as well as training in specific health promotion topic areas, such as nutrition, exercise, STD/HIV prevention, etc. Current general health promotion training opportunities available to active duty, reservists and DoD civilian staff include the **Health Promotion Director Training Course**, the **Health Promotion Basics Course** and the **Navy Occupational Health & Preventive Medicine Conference**. For additional information and resources contact Sally Vickers at [vickerss@nehc.med.navy.mil](mailto:vickerss@nehc.med.navy.mil) or visit our website.



## Tobacco Use & Cessation



Tobacco use is the number one preventable cause of death and illness, and the military remains a high user of tobacco products. The Health Promotion program is using public health strategies to address our "tobacco problem." The current approach to addressing tobacco includes understanding the full extent of the issues, identifying risk and protective factors, developing and examining interventions, and evaluating the effectiveness of tobacco programs. For additional information and resources contact Dr. Mark Long at [longm@nehc.med.navy.mil](mailto:longm@nehc.med.navy.mil) or visit our website.

# PARTNERSHIP